

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Make the pledge to raise PTSD Awareness	2 Use our image as your Social Media profile pic	3 Share resources like the Veterans Crisis Line	4 Download PTSD Coach or PTSD Family Coach mobile apps
5 Listen and subscribe to the PTSD Bytes podcast	6 Like our Facebook page	7 Get key information on trauma, PTSD and treatment	8 Register for our Virtual Walk	9 Share our video about PTSD symptoms on social media	10 Learn about and compare PTSD treatment options	11 Take an online course or program
12 Share stories of Veterans who have been there	13 Pride Month: Share resources for LGBTQ+ Veterans	14 Watch What is PTSD? PTSD explained in 4 minutes	15 Share our social media posts	16 Learn about common reactions after trauma	17 Find a PTSD therapist	18 Practice mindfulness
19 Juneteenth Learn ways to cope with racial trauma	20 Follow us on Twitter	21 Read Understanding PTSD and PTSD Treatment	22 Subscribe to our YouTube channel	23 Share this photo on Instagram	24 Hear what PTSD is like for family members	25 Learn how to talk to your Veteran about mental health care
26 Learn about evidence-based treatment	27 PTSD Screening Day Take the PTSD Self-Screen	28 Learn about how sleep affects PTSD	29 Subscribe to our PTSD Monthly Update	30 Explore our website to learn even more about PTSD		